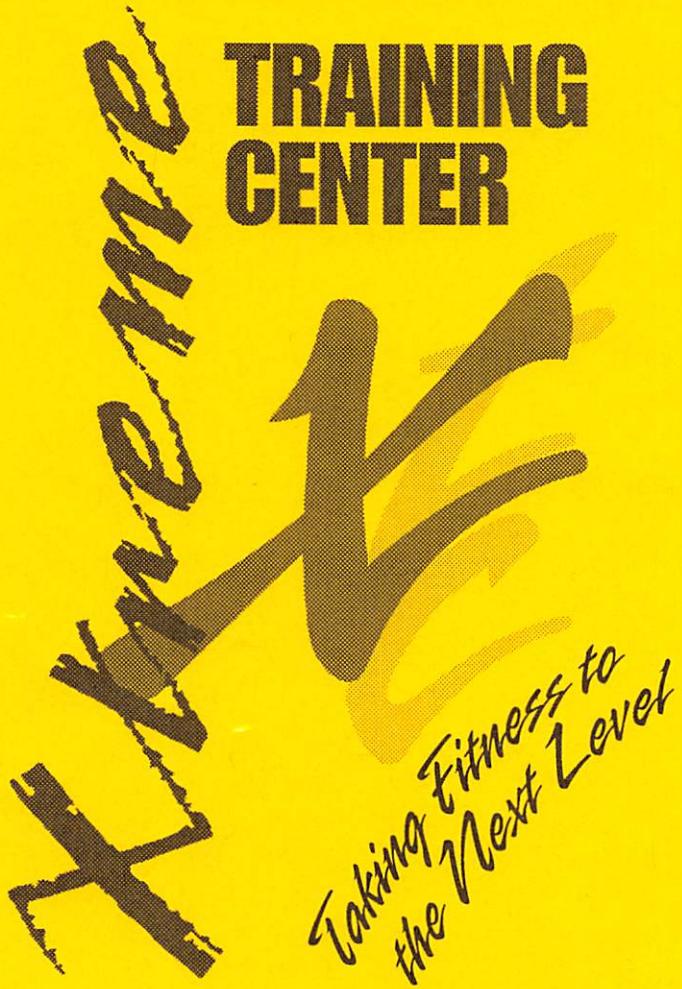


Uncle
Jesse
Hughes
McCarroll's
Mound

Introducing . . .



At **Xtreme Training Center**, our Xtreme Team is committed to helping you push yourself to the next training level, whether you are just introducing exercise to your life or vigorously training for competition. We will help you stay Xtremely challenged and Xtremely fit!

Utah's Only Licensed Fitness Facility With

Billy Blanks'
TAE BO

Monday & Wednesday
Friday

6:00 pm
5:30 pm

BOOTCAMP

Tues & Thurs 6:30 am

Martial Arts

Tues & Thurs 7:30 pm

TAI CHI
Mon 7:00 pm

Spinning
Tues & Thurs 6:30 pm

HIP HOP aerobics
Tues & Thurs 5:30 pm

More Classes Available Soon!

So many workout choices, you won't know where to start! Totally state of the art and with no expense spared, the 14,000 sq. ft. fitness center will offer:

- Billy Blanks' TaeBo™
- Spinning® Classes
- BootCamp Classes
- Muscle Endurance Training
- Aerobic Programs
- Boxing Ring/ Bag Room
- Cardio Equipment
- State-of-the-Art Weight Room
- Personal Trainers
- Martial Arts Programs
- Kids Play
- Juice Bar
- Luxury Locker Rooms
- Steam Rooms
- Jetted Hot Tubs

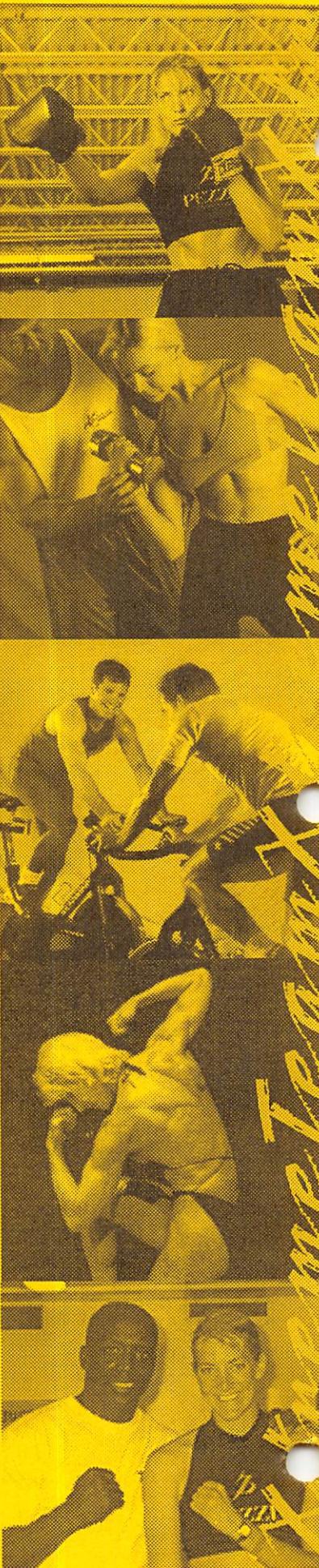
We're going to the Xtreme. . . so you can too!

801-274-XTRM (9876)



OLYMPUS HILLS MALL
Watch for Billy Blanks Personal Appearance!

**1st Class Free
with flyer**



Billy Blanks & Anne Emde